

 7-8 Grades (DREM) "This institution is an equal opportunity provider."		Whole grain bread, cereals, grains & starchy vegetables are a staple in many diets. For heart health, choose whole grain and high fiber varieties. On your plate, these foods should fill no more than one-quarter of your plate. Menus are subject to change based on product availability.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate Adult Meal Price: \$3.07			1 Chicken Bites w/Mini Pancakes & Syrup <u>or</u> Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	2 Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice	6 Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	7 Breakfast Pizza <u>or</u> Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice	8 Pancake Pup <u>or</u> Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	9 Sausage Patty Toast Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Chicken Bites Seasoned Potato Rounds Assorted Chilled Fruit Fruit Juice	13 Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	14 Breakfast Pizza <u>or</u> Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice	15 Chicken Bites w/Mini Pancakes & Syrup <u>or</u> Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	16 Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 December 19-30, 2022		